

ELDER LIFE

The COA, from time to time, publishes informational articles about issues of interest to elders and their families. We invite you to browse the articles, below, and hope that you find them useful.

Healthy Aging:

"Successful aging is being the person you want to be in your later years. It means not only doing what y
... [article](#)

Retiring Successfully:

"Retirement is one of life's greatest changes, and it is one that should be prepared for as much, or even
... [article](#)

Women and Retirement:

"Women who are nearing retirement, or who have many years to go but want to ensure that they have th
... [article](#)

Depression:

"The good news is that almost everyone can get some kind of relief, whether by removing an outside ca
... [article](#)

Getting Out of the House:

"Later life can be time when frailty, diminishing sight and hearing, and loss of friends and family can mak
... [article](#)

Joy of Reminiscence:

"Throughout human history a community or culture's older people have been the repositories of its colle
... [article](#)

Helping Adult Children:

"No matter how much you love your adult children, if you sometimes feel like moving and not giving your

. . . [article](#)

Assessing Elder Needs:

"One of the most difficult, but most critical, tasks for an elder or family member who is seeking care or help

. . . [article](#)

Fear of Aging:

"For most of us, our views of older age come from our experience of our own grandparents many

. . . [article](#)

Facing Uncertainty:

"Uncertainty is a fact of life for most people in their later years. Friends or family move or pass away un-

. . . [article](#)

Financial Assistance:

"Many older people in Bedford are living on fixed incomes that make balancing their budgets difficult. Ac-

. . . [article](#)

Housing:

"Almost everyone would like to remain in their homes during older age. Home, surrounded by familiar th-

. . . [article](#)

Senior-friendly Town:

"Bedford is extremely fortunate to have and will continue to have a large, active group of senior residents

. . . [article](#)

Divorce in Later Life:

"Divorce after 50 has unique emotional and financial consequences. Seniors, more than many younger p

. . . [article](#)

Late Life Disabilities:

"While for some people the adjustments may be minimal, for others trying to cope with a disability may o

. . . [article](#)

Bringing Elders Home:

" When an older person is not able to live alone independently, frequently the first and last response of f

. . . [article](#)

Violence Affects All:

"The "cycle of violence" in families is more than the passing down of violence as a way of life. It is a dev

. . . [articl](#)